

Jamie Miller

CERTIFIED PILATES INSTRUCTOR



Instructor Education/Certifications:

Certified Pilates Instructor—Mat & Apparatus
Physical Mind Institute & Long Beach Dance
Conditioning trained
CPR certified
Certified Yoga Instructor
Certified Gyrotonic Instructor
Certified Smartspine Instructor

Instructor Specialization:

Pilates mat, reformer & all specialized
equipment
Postural awareness
Spinal alignment
Therapeutic breathing
Back & joint pain
Personalized instruction
Deep core strengthening

Instructor Philosophy:

I believe that physical movement combined with conscious breathing and full body awareness is a key ingredient to total well being. Developing inner core strength and balance results in a beautiful body and a centered person. Coming from personal experience with back injury, I always integrate sensitivity for pain-related challenges with my love for exercise, to create customized classes ranging from therapeutic to advanced level work. Each private session or group class is unique, challenging, relaxing and rejuvenating.

